



Pasifika Integrated Health North Shore Exercise Time Table



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tongan Methodist Location: 139 Queen St. Time: 6pm—7pm Instructor Maree Wright	AOG Location: Rate Payers Building Beach Haven Time: 6pm-7pm Instructor Gerald Naepi	Maria Assumpta Location: 198 Beach Haven Rd. Time: 6pm-pm Instructor Nicole Manuela	PIPC Location: 198 Wairau Rd Time: 6pm-7pm Instructor Nicole Manuela	EFKS Location: 6 Verbena Rd. Time: 6pm–7pm Instructor Gerald Naepi	Mamanu Health Trust Location: Kelston Community Time: 11am – 12pm Instructor Gerald Naepi
Niuean Mixed Location: Onepoto Primary Time: 6pm—7pm Instructor Gerald Naepi		Zion Hill Location: 237 Onewa Rd. Time: 6pm-7pm (Fortnightly) Instructor Gerald Naepi	LDS Location: 7Aeroview Rd. Time: 6pm-7pm Instructor Gerald Naepi		